WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

COVID Protocol Checklist

If you are diagnosed with COVID-19, follow these steps:

☑ 1. Isolate yourself
☐ 2. Monitor your health
☐ 3. Arrange for care
☐ 4. Practice healthy habits
☐ 5. Inform your close contacts
☐ 6. Notify the University
☐ 7. Communicate with public health
☐ 8. Return to regular activities

1. Isolate Yourself

- **You must isolate at home for at least 5 DAYS** from your positive test or from when symptoms started regardless of your vaccination status.
- Other members of your household should also stay home, and no visitors should be allowed.
- Stay in a specific room and away from other people in your home to the extent possible.
- Use a separate bathroom, if available.
- Don’t share personal household items, like cups, towels, and utensils.
- Where possible, ask others such as friends or family, to get food or necessities for you. Ask them to leave the food and other supplies at your door, if possible. Pick them up after the person has left.
- Avoid eating around others at home and at work until a full 10 days has passed since your positive test or your first day of symptoms.
- If you must leave home to get essential medical care, drive yourself, if possible. If you cannot drive yourself, sit in the back seat, leave the windows down, and wear a mask.

2. Monitor Your Health

Get plenty of rest, stay hydrated, and if needed, take medication to reduce your fever.

If you have any of the following symptoms seek emergency care or call 911 immediately:
- Shortness of breath
- Inability to speak complete sentences
- Chest pain
- Dizziness, confusion, hard to wake

If you have any medical risk factors or a condition that severely weakens your immune system you might need to stay home for longer than 10 days.

Please contact the Student Health Center or your medical provider for additional guidance as needed.

3. Arrange for Care

If your symptoms get worse and you need to seek healthcare, call the Student Health Center, and tell the nurse that you have been diagnosed with COVID-19.

QUESTIONS?

If you have additional questions about your COVID-19 isolation and quarantine procedures, call the Student Health Center at 360-650-3400 or visit their COVID-19 Isolation and Quarantine webpage.

To request this handout in an alternate format, call 360-650-3400. The Student Health Center may change recommendations as new guidance is issued by the CDC and WA State Dept. of Health. AA/EO. Rev. 1/2022.

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4 Practice Healthy Habits

• Wear a well-fitting mask around others at home and in public.
• Do not go to places where you are unable to wear a mask, such as restaurants and some gyms.
• Cover your cough or sneeze into your elbow or a tissue.
• Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand rub.
• Clean and disinfect high touch surfaces e.g. counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

5 Inform Your Close Contacts

• A close contact is anyone who was within 6 feet of an infected person for a total of 15 minutes or more.
• An infected person can spread COVID-19 starting from 48 hours (or 2 days) before the person has any symptoms or tests positive for COVID-19.
• A person is still considered a close contact even if they were wearing a mask while they were around someone with COVID-19.
• Your close contacts should quarantine according to CDC guidelines.

6 Notify the University

Fill out this form:
https://forms.office.com/r/y4kXdxFBSh

7 Communicate with Public Health

After your diagnosis, you may receive a call or text from public health for additional information. It may take a few days for public health officials to contact you, and they will ask about your activities before and after you became ill.

8 Return to Regular Activities

• Once you've completed your 5-day isolation period at home AND are without a fever for 24 hours and showing improvement in symptoms, you can return to your normal activities including attending classes.
• Continue to wear a mask around others for 5 additional days (day 6 through day 10).
• Don't get PCR COVID testing for the next 90 days, unless you have new symptoms of COVID, or you are advised to get tested from a healthcare professional.
• Abstain from physical activity while you are recovering from your COVID infection. You can gradually resume physical activity after at least 5 days have passed from your first symptoms AND all your symptoms (except loss of taste or smell) have resolved. If you develop any symptoms when returning to physical activity, it is important to follow-up with us or another medical provider.

DEALING WITH STRESS

COVID-19 and self-isolation are stressful for people. Here are a few self-care strategies:

Call a Friend or Family Member

Practice a Hobby You Enjoy

Enjoy a Favorite Movie or TV Show

Journal or Write for Fun

Read a Book for Pleasure

Enjoy a Cup of Tea

Visit Western's Counseling and Wellness Center website for additional resources to address mental health and wellbeing needs and concerns or call 360-650-3164 for a phone consultation. Follow them @BeWellWWU.